

HEALTH EDUCATION STANDARDS WITH BENCHMARKS AND PERFORMANCE STANDARDS

“Health education” is the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. It meets the content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

OPT-OUT POLICY

Each school district shall implement a policy that will insure that parents have the ability to request that their child be exempted from the parts of the health education curriculum that addresses the sexuality performance standards.

- (1) The policy shall include but is not limited to:
 - (a) the process for parents to request an exemption from the parts of the health education curriculum that addresses the sexuality performance standards and
 - (b) how alternative lessons are established for the exempted parts of the curriculum.
- (2) Each local board of education shall insure the involvement of parents, staff, and students in the development of the policy.

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<u>Standard 1</u>	
Students will comprehend concepts related to health promotion and disease prevention.	
K-4 Benchmark: Identify/describe/understand the relationships between personal health behaviors and individual well being.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Describe how personal choices relate to health and how the consequences of those choices affect self and others (i.e. smoking, lack of physical activity, nutrition, personal hygiene, personal safety, etc.). • Describe characteristics of healthy and unhealthy relationships (i.e. describe the unique differences of self and others, etc.). • Describe what is meant by good personal hygiene (i.e. describe the importance of hand washing in disease prevention, etc.).
1-2	<ul style="list-style-type: none"> • Identify how personal choices relate to health and how the consequences of those choices affect self and others (i.e. smoking, lack of physical activity, nutrition, personal hygiene, personal safety, etc.). • Identify characteristics of healthy and unhealthy relationships (i.e. describe the unique differences of self and others, etc.). • Recognize what is meant by good personal hygiene (i.e. describe the importance of hand washing in disease prevention, etc.).
3-4	<ul style="list-style-type: none"> • Identify and understand how personal choices relate to health and how the consequences of those choices affect self and others (i.e. smoking, lack of physical activity, nutrition, personal hygiene, abstinence, personal safety, etc.). • Identify and describe characteristics of healthy and unhealthy relationships (i.e. describe the unique differences of self and others, etc.). • Discuss what is meant by good personal hygiene (i.e. describe the importance of hand washing in disease prevention, etc.). • List the steps associated with refusal skills and its relationship to the decision making process.

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K-4 Benchmark: Identify examples of mental, emotional, social, and physical health during childhood.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Recognize different emotions. • Identify compassionate behavior and its relationship to diversity (i.e. bullying, disabilities, other special needs, etc.). • Identify the differences between safe and unsafe situations (i.e. bullying, good touch/bad touch, alcohol, tobacco, other drugs, food contamination, etc.). • List positive health choices and activities that promote health and help prevent diseases.
1-2	<ul style="list-style-type: none"> • Describe different emotions. • Describe compassionate behavior and its relationship to diversity (i.e. bullying, disabilities, other special needs, etc.). • Identify the differences between safe and unsafe situations (i.e. bullying, good touch/bad touch, alcohol, tobacco, other drugs, food contamination, etc.). • Recall positive health choices and activities that promote health and help prevent diseases.
3-4	<ul style="list-style-type: none"> • Understand different emotions. • Recognize compassionate behavior and its relationship to diversity (i.e. bullying, disabilities, other special needs, etc.). • Identify and understand the differences between safe and unsafe situations (i.e. bullying, good touch/bad touch, alcohol, tobacco, other drugs, food contamination, etc.). • Understand positive health choices and activities that promote health and help prevent diseases. • Describe different types of family units and their relationship to health (i.e. single, grandparent, same sex parents, etc.).

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K-4 Benchmark: Describe the basic structure and functions of the human body systems.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Identify the effects of lifestyle choices on body systems (i.e. alcohol, tobacco, other drugs, second-hand smoke, food, physical activity, etc.). • Describe how stress and emotions affect the body systems. • Utilize correct terminology for the human body.
1-2	<ul style="list-style-type: none"> • Know the effects of lifestyle choices on body systems (i.e. alcohol, tobacco, other drugs, second-hand smoke, food, physical activity, etc.). • Identify and list how stress and emotions affect the body systems. • Understand correct terminology for the human body.
3-4	<ul style="list-style-type: none"> • Understand the effects of lifestyle choices on body systems (i.e. alcohol, tobacco, other drugs, second-hand smoke, food, physical activity, abstinence, etc.). • Recognize how stress and emotions affect the body systems. • Utilize correct terminology for the human body. • Identify the different changes in body that occur during puberty.

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K-4 Benchmark: Describe how physical, social, and emotional environments influence personal health.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Recognize the behaviors that could affect other people (i.e. smoking, drinking, physical activity, nutrition, etc.). • Identify the differences between safe and unsafe situations (i.e. bullying, good touch/bad touch, alcohol, tobacco, other drugs, food contamination, poisonous substances, etc.). • Know how to access help (i.e. dial 911 in an emergency, trusted adult, etc.). • Recognize the influences of media and peer pressure on health.
1-2	<ul style="list-style-type: none"> • Describe the behaviors that could affect other people (i.e. smoking, drinking, physical activity, nutrition, etc.). • Identify the differences between safe and unsafe situations (i.e. bullying, good touch/bad touch, alcohol, tobacco and other drugs, food contamination, poisonous substances, etc.). • Know how to access help (i.e. dial 911 in an emergency, trusted adult, etc.). • Describe the influences of media and peer pressure on health.
3-4	<ul style="list-style-type: none"> • Understand the behaviors that could affect other people (i.e. smoking, drinking, physical activity, nutrition, etc.). • Identify the differences between safe and unsafe situations (i.e. bullying, good touch/bad touch, alcohol, tobacco, other drugs, food contamination, poisonous substances, etc.). • Know how to access help (i.e. dial 911 in an emergency, trusted adult, etc.). • Understand the influences of media and peer pressure on health.

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K-4 Benchmark: Identify common health issues of children.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Name common physical health issues of children in same age group (i.e. intentional and unintentional injury, personal hygiene, etc.). • Name common social health issues of children in same age group (i.e. peer pressure, relationships, etc.). • Name common emotional health issues of children in same age group (i.e. affects of bullying, when family member is sick, sadness, domestic violence, etc.). • Name common environmental health issues that affect children in same age group (i.e. second hand smoke, litter, noise, etc.).
1-2	<ul style="list-style-type: none"> • Describe common physical health issues of children in same age group (i.e. intentional and unintentional injury, personal hygiene, etc.). • Describe common social health issues of children in same age group (i.e. peer pressure, relationships, etc.). • Describe common emotional health issues of children in same age group (i.e. affects of bullying, when family member is sick, sadness, domestic violence, etc.). • Describe common environmental health issues that affect children in same age group (i.e. second hand smoke, litter, noise, etc.).
3-4	<ul style="list-style-type: none"> • Recognize common physical health issues of children in same age group (i.e. intentional and unintentional injury, personal hygiene, etc.). • Recognize common social health issues of children in same age group (i.e. peer pressure, relationships, etc.). • Recognize common emotional health issues of children in same age group (i.e. affects of bullying, when family member is sick, sadness, domestic violence, etc.). • Recognize common environmental health issues that affect children in same age group (i.e. second hand smoke, litter, noise, etc.).

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K-4 Benchmark: Identify health problems that should be detected and treated early and explain how childhood injuries and illnesses can be prevented and/or treated.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Identify symptoms of illness (i.e. runny nose, coughing, fever, stomach ache, sadness, etc.). • List individuals that can help with detecting and treating childhood injuries and illnesses (i.e. parents, grandparents, teacher, counselor, nurse, doctor, etc.). • Identify the benefits of following the directions of health care providers. • List safety rules for different situations (i.e. playground safety, bus safety, classroom rules, etc.). • Describe the importance of taking personal responsibility for actions.
1-2	<ul style="list-style-type: none"> • Describe symptoms of illness (i.e. runny nose, coughing, fever, stomach ache, sadness, etc.). • List individuals that can help with detecting and treating childhood injuries and illnesses (i.e. parents, grandparents, teacher, counselor, nurse, doctor, etc.). • Describe the benefits of following the directions of health care providers. • Describe safety rules for different situations (i.e. playground safety, bus safety, classroom rules, etc.). • Describe the importance of taking personal responsibility for actions.
3-4	<ul style="list-style-type: none"> • Recognize symptoms of illness (i.e. runny nose, coughing, fever, stomach ache, sadness, etc.). • List individuals that can help with detecting and treating childhood injuries and illnesses and explain what role the individuals play (i.e. parents, grandparents, teacher, counselor, nurse, doctor, etc.). • Understand the benefits of following the directions of health care providers. • List and understand safety rules for different situations (i.e. playground safety, bus safety, classroom rules, etc.). • Understand the importance of taking personal responsibility for actions.

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<u>Standard 2</u>	
Students will demonstrate the ability to access valid health information and health-promoting products and services.	
K-4 Benchmark: Identify characteristics of valid health information and health-promoting products and services.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Recognize safe and unsafe products in the home and community (i.e. bleach vs. milk, used needles, etc.). • Identify appropriate adults to talk to regarding health and safety issues. • Recognize health-promoting products and services (i.e. food choices, community services, physical activity, etc.).
1-2	<ul style="list-style-type: none"> • Identify safe and unsafe products in the home and community (i.e. bleach vs. milk, used needles, etc.). • Identify health-promoting products and services (i.e. food choices, community services, physical activity, etc.). • Identify where to seek valid health information (i.e. doctor, dentist, nurse, counselor, appropriate adult, etc.).
3-4	<ul style="list-style-type: none"> • Identify safe and unsafe products in the home and community (i.e. bleach vs. milk, used needles, etc.). • Demonstrate universal precautions in handling unsafe/contaminated products and materials (i.e. blood borne pathogens, etc.). • Identify health-promoting products and services (i.e. food choices, community services, physical activity, etc.). • Identify where to seek valid health information (i.e. doctor, dentist, nurse, counselor, appropriate adult, etc.). • Analyze health information that may be confusing or contradictory (i.e. from media, peers, siblings, etc.).

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K-4 Benchmark: Demonstrate the ability to locate resources from home, school, and community that provide valid health information.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Recall own address and phone number. • Identify safe adults (i.e. parents, teachers, doctor, dentist, nurse, counselor, appropriate adult, etc.). • Recognize unsafe environments/situations.
1-2	<ul style="list-style-type: none"> • Understand how to use emergency phone numbers (i.e. 911, poison control, etc.). • Identify safe adults (i.e. parents, teachers, doctor, dentist, nurse, counselor, appropriate adult, etc.). • Recognize unsafe environments/situations. • Identify where to seek valid health information.
3-4	<ul style="list-style-type: none"> • Demonstrate ability to use emergency phone numbers (i.e. 911, poison control, etc.). • Identify safe adults (i.e. parents, teachers, doctor, dentist, nurse, counselor, appropriate adult, etc.). • Recognize unsafe environments/situations. • Identify where to seek valid health information. • Identify location of first aid kit/station.

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K-4 Benchmark: Explain how the media influences the selection of health information, products, and services.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> Recognize that media messages may be misleading.
1-2	<ul style="list-style-type: none"> Recognize that media messages may be misleading. Recognize the goals of media (i.e. sell, entertain, etc.). Recognize media messages that may contain both healthy and unhealthy messages in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
3-4	<ul style="list-style-type: none"> Identify media messages that may be misleading. Identify the goals of media (i.e. sell, entertain, etc.). Identify media messages that may contain both healthy and unhealthy messages in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
K-4 Benchmark: Demonstrate the ability to locate school and community health helpers.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> Recognize safety officials (i.e. police, fire, security, crossing guards, etc.). Identify safe adults (i.e. parents, teachers, doctor, dentist, nurse, counselor, appropriate adult, etc.).
1-2	<ul style="list-style-type: none"> Recognize safety officials (i.e. police, fire, security, crossing guards, etc.). Identify safe adults (i.e. parents, teachers, doctor, dentist, nurse, counselor, appropriate adult, etc.).
3-4	<ul style="list-style-type: none"> Explain the role of safety officials (i.e. police, fire, security, crossing guards, etc.). Explain the role(s) of safe adults (i.e. parents, teachers, doctor, dentist, nurse, counselor, appropriate adult, etc.).

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<u>Standard 3</u>	
Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
K-4 Benchmark: Identify responsible health behaviors.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List responsible health behaviors (i.e. washing hands, brushing teeth, exercise, etc.).
1-2	<ul style="list-style-type: none"> • Recognize responsible health behaviors in self and others (i.e. personal hygiene, not drinking and driving, daily physical activity, eating fruits and vegetables, etc.). • Demonstrate conflict resolution skills.
3-4	<ul style="list-style-type: none"> • Demonstrate responsible health behaviors (i.e. proper personal hygiene, participating in daily physical activity, eating fruits and vegetables, wearing seatbelts, abstinence, etc.). • Role play conflict resolution skills. • Identify behaviors that promote healthy relationships (i.e. sharing, supporting, caring, listening, etc.).

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K-4 Benchmark: Identify personal health needs.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Identify where to go when you don't feel good (i.e. parent, teacher, school nurse, etc.). • Recognize the importance of hygiene (i.e. washing hands to avoid colds, etc.). • Identify personal safety rules (i.e. don't push others, playground safety, don't go with strangers, etc.).
1-2	<ul style="list-style-type: none"> • Describe where to go when you don't feel good (i.e. parent, teacher, school nurse, etc.). • Demonstrate the importance of hygiene (i.e. washing hands to avoid colds, etc.). • Recognize personal safety rules (i.e. don't push others, playground safety, don't go with strangers, etc.).
3-4	<ul style="list-style-type: none"> • Identify the relationship between physical activity and nutrition as related to healthy development. • Identify ways in which diseases are transmitted and are not transmitted (i.e. HIV, common cold, measles, etc.).
K-4 Benchmark: Compare behaviors that are safe to those that are risky or harmful.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List safety rules. • List safe and unsafe situations.
1-2	<ul style="list-style-type: none"> • Identify when to report dangerous situations to an adult. • Identify behaviors that are safe and unsafe in the areas related to sexuality; nutrition; alcohol; tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
3-4	<ul style="list-style-type: none"> • Predict consequences of safe and risky behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Understand the consequences of risky behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

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K-4 Benchmark: Demonstrate strategies to improve or maintain personal health.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Identify ways to improve or maintain personal health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. eat fruits and vegetables, exercise, don't smoke, etc.).
1-2	<ul style="list-style-type: none"> • Describe ways to improve or maintain personal health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. eat fruits and vegetables, exercise, don't smoke, etc.). • Describe refusal skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify healthy choices in the areas related to sexuality; nutrition, alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. walk away from a fight, participate in physical activity, identify healthier foods from a list of foods, etc.).
3-4	<ul style="list-style-type: none"> • Demonstrate ways to improve or maintain personal health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. eat fruits and vegetables, exercise, don't smoke, abstinence, etc.). • Demonstrate refusal skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Demonstrate healthy choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. avoiding a fight, participating in physical activity, choosing healthier foods from a list of foods, abstinence, etc.).

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K-4 Benchmark: Develop injury prevention and management strategies for personal health.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Identify substances that are unsafe to touch (i.e. blood, bleach, needles, etc.). • Practice safety rules at home, in school and in the community.
1-2	<ul style="list-style-type: none"> • Demonstrate refusal skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Demonstrate safety rules at home, in school and in the community.
3-4	<ul style="list-style-type: none"> • Identify when food is safe to eat (i.e. recognize expiration dates, etc.). • Demonstrate refusal skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional well being. • Recognize and demonstrate safety rules at home, in school and in the community.
K-4 Benchmark: Demonstrate ways to avoid and reduce threatening situations.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List situations that may be dangerous. • List trusted adults to go to when faced with a dangerous situation.
1-2	<ul style="list-style-type: none"> • Identify trusted adults to go to when faced with a threatening situation.
3-4	<ul style="list-style-type: none"> • Recognize when to ask for help in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Recognize how peer pressure can lead to dangerous or risky situations. • Demonstrate conflict resolution skills.
K-4 Benchmark: Apply skills to manage stress.	

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Grade	Performance Standard
K	<ul style="list-style-type: none">• Practice stress management skills (i.e. daily physical activity, singing, being read to, etc.).
1-2	<ul style="list-style-type: none">• Identify situations that cause stress and recognize that stress is not always negative (i.e. bullies, going to a birthday party, reading out loud, etc.).• List activities that help reduce stress (i.e. physical activity, reading, etc.).
3-4	<ul style="list-style-type: none">• Identify the body's reaction to stressful situations (i.e. fight or flight, increase heart rate, etc.).• Demonstrate stress management skills.

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<u>Standard 4</u>	
Students will analyze the influence of culture, media, technology, and other factors on health.	
K-4 Benchmark: Describe how cultures within the local community influence personal health behaviors.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List similarities and differences in cultures within the community. • List how the media and culture portrays gender roles (i.e. pink=girls, blue=boys, short hair vs. long hair, different toys, etc.).
1-2	<ul style="list-style-type: none"> • Recognize similarities and differences in cultures within the community. • Recognize how the media and culture portrays gender roles (i.e. pink=girls, blue=boys, short hair vs. long hair, different toys, etc.). • Identify how school and community values relate to health, safety and personal choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
3-4	<ul style="list-style-type: none"> • Describe qualities of different cultures in the school and community and how they contribute to health, safety and personal choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Describe how the media and culture portrays gender roles (i.e. pink=girls, blue=boys, short hair vs. long hair, different toys, etc.).

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K-4 Benchmark: Explain how media influences thoughts, feelings, and health behaviors.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List different forms of media (i.e. TV, news paper, magazines, radio, etc.). • List the purposes for media (i.e. entertain, sell products, promote services, etc.). • Understand that not all media messages are true. • Understand how media influences feeling and thoughts.
1-2	<ul style="list-style-type: none"> • Identify different forms of media (i.e. TV, news paper, magazines, radio, etc.). • Identify the purposes for media (i.e. entertain, sell products, promote services, etc.). • Understand that not all media messages are true. • Recognize how media influences feeling and thoughts.
3-4	<ul style="list-style-type: none"> • Describe the purposes for media (i.e. entertain, sell products, promote services, etc.). • Identify how to determine if media messages are true. • Recognize how media influences feeling, thoughts and health choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. abstain from sexual behavior, use drugs, be aggressive, eat healthy foods, participate in physical activity, etc.).

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K-4 Benchmark: Describe ways technology can influence personal health.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List different forms of technology (i.e. computers, video games, microwaves, cell phones, etc.). • List the purposes for technology (i.e. convenience, entertainment, selling products, promoting services, etc.). • Understand that technology effects how we live.
1-2	<ul style="list-style-type: none"> • Identify different forms of technology (i.e. computers, video games, microwaves, cell phones, etc.). • Identify the purposes for technology (i.e. convenience, entertainment, selling products, promoting services, etc.). • Understand that technology effects how we live.
3-4	<ul style="list-style-type: none"> • Describe different forms of technology (i.e. computers, video games, microwaves, cell phones, etc.). • Recognize the purposes for technology in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. medical, conveniences, communication, etc.). • Describe how technology affects how we live.

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K-4 Benchmark: Explain how information from school and family influences health.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List health messages families give in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. what types of snacks you eat at home, stranger danger, family activities, etc.).
1-2	<ul style="list-style-type: none"> • Recognize health messages families give in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. what types of snacks you eat at home, stranger danger, family activities, etc.). • List different types of families (i.e. two parents, single parents, extended families, etc.).
3-4	<ul style="list-style-type: none"> • Describe health messages families give in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. what types of snacks you eat at home, stranger danger, family activities, etc.). • Describe different types of families and how this structure influences health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. (i.e. vegetarian vs. non, working parents and time for family activities and proper nutrition, smoking parents and second hand smoke, etc.). • Recognize that there are multiple messages about health based on values and beliefs.

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Standard 5

Students will demonstrate the ability to use interpersonal communication skills to enhance health.

K-4 Benchmark: Distinguish between verbal and non-verbal communication.

Grade	Performance Standard
K	<ul style="list-style-type: none"> • Describe the differences between verbal and non-verbal communication. • Understand that people communicate in different ways. • Recognize different feelings and the verbal and non-verbal forms of communication associated with them.
1-2	<ul style="list-style-type: none"> • Identify the differences between verbal and non-verbal communication. • Describe how people communicate in different ways. • Recognize different feelings and the verbal and non-verbal forms of communication associated with them.
3-4	<ul style="list-style-type: none"> • Demonstrate the differences between verbal and non-verbal communication. • Demonstrate how people communicate in different ways. • Recognize and describe different feelings and the verbal and non-verbal forms of communication associated with them.

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K-4 Benchmark: Describe characteristics needed to be a responsible friend and family member.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List characteristics of behaviors that are healthy. • Identify actions to help friends make healthy decisions.
1-2	<ul style="list-style-type: none"> • List ways a person can show responsibility for their own health behaviors.
3-4	<ul style="list-style-type: none"> • Explain the importance of assuming personal responsibility for health behaviors.
K-4 Benchmark: Demonstrate positive ways to express needs, wants, and feelings.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Identify feelings associated with different situations (i.e. conflict – frustration/satisfaction; birthday – happy/excited, etc.). • Identify how to express feelings in a positive way.
1-2	<ul style="list-style-type: none"> • Explain feelings associated with different situations (i.e. conflict – frustration/satisfaction; birthday – happy/excited, etc.). • Explain how to express feelings in a positive way.
3-4	<ul style="list-style-type: none"> • Demonstrate feelings associated with different situations (i.e. conflict – frustration/satisfaction; birthday – happy/excited, etc.). • Demonstrate how to express feelings in a positive way. • Demonstrate how to respond appropriately to other people’s needs, wants and feelings.

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K-4 Benchmark: Demonstrate ways to communicate care, consideration, and respect of self and others.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Demonstrate the ability to use “I” statements.
1-2	<ul style="list-style-type: none"> • Demonstrate the ability to appropriately use “I” statements in communication.
3-4	<ul style="list-style-type: none"> • Identify respectful and caring acts of self and others. • Demonstrate the ability to appropriately use “I” statements in communication.
K-4 Benchmark: Demonstrate attentive listening skills to build and maintain health-enhancing relationships.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • Understand the importance of letting people speak without interruption. • Understand when it is appropriate to interrupt for health needs. • Recognize when someone is telling you to do something that is wrong.
1-2	<ul style="list-style-type: none"> • Demonstrate listening skills as a tool to enhance relationships. • Describe when it is appropriate to interrupt for health needs. • Recognize when someone is telling you to do something that is wrong.
3-4	<ul style="list-style-type: none"> • Describe and demonstrate listening skills as a tool to enhance relationships. • Demonstrate when it is appropriate to interrupt for health needs. • Recognize when someone is telling you to do something that is wrong.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
K-4**

K-4 Benchmark: Demonstrate refusal skills and why they are important to enhance health.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> Identify refusal skills in the areas related to sexuality (i.e. good touch/bad touch, etc.); nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
1-2	<ul style="list-style-type: none"> Explain refusal skills in the areas related to sexuality (i.e. good touch/bad touch, etc.); nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
3-4	<ul style="list-style-type: none"> Demonstrate refusal skills in the areas related to sexuality (i.e. good touch/bad touch, etc.); nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
K-4 Benchmark: Differentiate between negative and positive behaviors used in conflict situations.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> List the differences between negative and positive behaviors. List situations that cause conflict.
1-2	<ul style="list-style-type: none"> Identify common conflict situations that occur among friends, family members and others. Describe possible causes of conflict. Explain the differences between negative and positive behaviors used in conflict situations.
3-4	<ul style="list-style-type: none"> Demonstrate conflict mediation and conflict resolution skills.
K-4 Benchmark: Demonstrate non-violent strategies to resolve conflicts.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> List non-violent strategies to resolve conflict. List situations that cause conflict.
1-2	<ul style="list-style-type: none"> Identify common conflict situations that occur among friends, family members and others. Explain non-violent strategies to resolve conflict.
3-4	<ul style="list-style-type: none"> Demonstrate conflict mediation and conflict resolution skills.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
K-4**

Standard 6

Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

K-4 Benchmark: Demonstrate the ability to apply a decision-making process to health issues and problems.

Grade	Performance Standard
K	<ul style="list-style-type: none"> • List steps in the decision making process.
1-2	<ul style="list-style-type: none"> • Identify actions to make healthy decisions in the areas related to sexuality (i.e. good touch/bad touch, etc.); nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.
3-4	<ul style="list-style-type: none"> • Demonstrate actions to make healthy decisions in the areas related to sexuality (i.e. good touch/bad touch, etc.); nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
K-4**

K-4 Benchmark: Explain when to ask for assistance in making health-related decisions and setting health goals.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> List examples of when it is appropriate to ask for help in making health-related decisions (i.e. when you are lost, when being bullied, etc.).
1-2	<ul style="list-style-type: none"> Identify when it is appropriate to ask for help in making health-related decisions (i.e. when you are lost, when being bullied, etc.).
3-4	<ul style="list-style-type: none"> Explain when it is appropriate to ask for help in making health-related decisions (i.e. when you are lost, when being bullied, etc.). Set health-related goals (i.e. wear seat belts, be active every day, wash hands, etc.).
K-4 Benchmark: Predict outcomes of positive health decisions.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> List consequences of actions (i.e. wear seat belt will help avoid injuries if in a car accident, etc.).
1-2	<ul style="list-style-type: none"> Describe how decisions effect health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing (i.e. eating right and exercising leads to healthy development, etc.).
3-4	<ul style="list-style-type: none"> Describe how decisions effect health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing (i.e. saying no to sex prevents pregnancy and sexually transmitted infections, saying no to drugs positively effects your thinking, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
K-4**

K-4 Benchmark: Set a personal health goal and track progress toward achievement.	
Grade	Performance Standard
K	<ul style="list-style-type: none"> • List what personal health goals are appropriate for your age (i.e. wash hands, wear seat belts, etc.).
1-2	<ul style="list-style-type: none"> • Identify a personal health goal in one of areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.
3-4	<ul style="list-style-type: none"> • Identify and track progress of a personal health goal in one of areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
K-4**

Standard 7

Students will demonstrate the ability to advocate for personal, family, peer, and community health.

K-4 Benchmark: Describe a variety of methods to convey accurate health information and ideas.

Grade	Performance Standard
K	<ul style="list-style-type: none"> • List ways to convey accurate health information and ideas (i.e. story telling, talking to a health professional, etc.).
1-2	<ul style="list-style-type: none"> • Recognize methods to convey accurate health information and ideas.
3-4	<ul style="list-style-type: none"> • Describe how to communicate with others about making healthy choices.

K-4 Benchmark: Express information and opinions about health issues.

Grade	Performance Standard
K	<ul style="list-style-type: none"> • Be able to express feelings to others (i.e. when they are sick, fell unsafe, etc.).
1-2	<ul style="list-style-type: none"> • Discuss when it is appropriate to express opinions about health issues.
3-4	<ul style="list-style-type: none"> • Describe information and opinions about health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.

K-4 Benchmark: Identify community agencies/resources that advocate for healthy individuals, families, peers, and communities.

Grade	Performance Standard
K	<ul style="list-style-type: none"> • Identify appropriate adults to go to for health issues (i.e. who is a safe adult to go to when you are being bullied, etc.).
1-2	<ul style="list-style-type: none"> • List places and people in the school and community you can go to for health information (i.e. school nurse, doctor's office, etc.).
3-4	<ul style="list-style-type: none"> • List places, resources, and people in the school and community you can go to for health information (i.e. school nurse, doctor's office, books, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
K-4**

K-4 Benchmark: Demonstrate the ability to influence and support others in making health-enhancing choices.	
Grade	Performance Standard
K	<ul style="list-style-type: none">• Lists positive health choices.
1-2	<ul style="list-style-type: none">• List ways to help others make healthy choices.
3-4	<ul style="list-style-type: none">• Describe how to help others make healthy choices.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

<u>Standard 1</u>	
Students will comprehend concepts related to health promotion and disease prevention.	
5-8 Benchmark: Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.	
Grade	Performance Standard
5-6	<ul style="list-style-type: none"> • Describe risk factors and their association with health consequences in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify healthy alternatives to unhealthy behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. abstinence, selection of healthy food choices, “natural highs”, etc.). • Explain how personal daily choices can affect future health status.
7-8	<ul style="list-style-type: none"> • Understand risk factors and their association with health consequences in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Understand how healthy alternatives can replace unhealthy behaviors (i.e. abstinence, condom use, other pregnancy prevention methods, selection of healthy food choices, “natural highs”, etc.). • Analyze how personal daily choices can affect future health status.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Describe the interrelationship of mental, emotional, social, and physical health during adolescence.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Describe the characteristics of peer pressure and its impact on mental, emotional, social, and physical health during adolescence in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Describe the impact of family history, cultural values, social systems, and environmental influences on mental, emotional, social, and physical health during adolescence in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Describe how changes during adolescence affect mental, emotional, social, and physical health. • Identify positive stress reduction techniques and the impact on mental, emotional, social, and physical health during adolescence. • Describe patterns of addiction and its influence on mental, emotional, social, and physical health during adolescence.
7 - 8	<ul style="list-style-type: none"> • Analyze the characteristics of peer pressure and its impact on mental, emotional, social, and physical health during adolescence in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Analyze the impact of family history, cultural values, social systems, and environmental influences on mental, emotional, social, and physical health during adolescence in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Understand how changes during adolescence affect mental, emotional, social, and physical health. • Identify positive stress reduction techniques and the impact on mental, emotional, social, and physical health during adolescence. • Analyze patterns of addiction and its influence on mental, emotional, social, and physical health during adolescence.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Explain how health is influenced by the interaction of body systems.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> Describe the reproductive, circulatory, digestive, nervous, and endocrine systems and their relationships to adolescent health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> Understand the reproductive, circulatory, digestive, nervous, and endocrine systems and their relationships to adolescent health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
5-8 Benchmark: Describe how family and peers influence the health of adolescents.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> Describe how family, peers, media, culture, and others influence adolescent's decision making in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> Analyze how family, peers, media, culture, and others influence adolescent's decision making in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
5-8 Benchmark: Analyze how environments and personal health are interrelated.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> Explain how the school, religion, culture, community, society and media along with other outside influences such as federal, state or local laws, policies, etc. impact personal health decisions. Understand the importance of maintaining the environment and promoting its use for stress reduction, wellness and recreational activities.
7 - 8	<ul style="list-style-type: none"> Analyze how the school, religion, culture, community, society and media along with other outside influences such as federal, state or local laws, policies, etc. impact personal health decisions. Analyze the importance of maintaining the environment and promoting its use for stress reduction, wellness and recreational activities.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Describe ways to reduce risks related to adolescent health issues.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify health risks in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify consequences of health risks in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify ways to reduce health risks in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. abstinence, selection of healthy food choices, etc.).
7 - 8	<ul style="list-style-type: none"> • Analyze health risks in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Analyze consequences of health risks in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Analyze ways to reduce health risks in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. abstinence, condom use, other pregnancy prevention methods, selection of healthy food choices, etc.).

HEALTH EDUCATION STANDARDS WITH BENCHMARKS AND PERFORMANCE STANDARDS

5-8

5-8 Benchmark: Explain how health care can prevent premature death and disability.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify health care providers in the community and available services in areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify ways to access health care providers within the community and state. • Identify how family history, genetics and preventive health care can affect personal health.
7 - 8	<ul style="list-style-type: none"> • Identify health care providers in the community and available services in areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify ways to access health care providers within the community and state. • Understand how family history, genetics and preventive health care can affect personal health.
5-8 Benchmark: Describe how lifestyle, pathogens, family history, and other risk factors are related to the prevention or cause of disease and other health problems.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify how family history, genetics and preventive health care can affect personal health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify how lifestyle choices can affect personal health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Identify how family history, genetics and preventive health care can affect personal health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify how lifestyle choices can affect personal health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

<u>Standard 2</u> Students will demonstrate the ability to access valid health information and health-promoting products and services.	
5-8 Benchmark: Analyze the availability and validity of health information, products, and services.	
Grade	Performance Standard
5-6	<ul style="list-style-type: none"> • Identify school and community health resources related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Analyze health-promoting products and services (i.e. food choices, community services, physical activity, etc.). • Analyze health information that may be confusing or contradictory (i.e. from media, peers, siblings, etc.).
7-8	<ul style="list-style-type: none"> • Explain the functions and effectiveness of school and community health information, products and services (i.e. school nurse, school-based health center, public health office, private health care provider, etc.). • Identify and evaluate products that claim to have a positive impact on health and/or wellness. • Research information to obtain accurate health information in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Demonstrate the ability to evaluate and utilize resources from home, school, and community that provide valid health information.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Explain how community resources can be accessed and utilized in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Compare and contrast valid resources in the community in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Analyze how community resources can be accessed and utilized in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. school-based health centers, primary care clinics, school nurse, etc.). • Analyze valid resources in the community in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify and provide solutions to barriers for health care (i.e. costs, transportation, culture, accessibility, etc.). • Explain how community resources can be accessed and utilized in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Compare and contrast valid resources in the community in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

HEALTH EDUCATION STANDARDS WITH BENCHMARKS AND PERFORMANCE STANDARDS

5-8

5-8 Benchmark: Analyze how the media influences the selection of health information and products.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Analyze why media messages may be misleading. • Explain the goals of media (i.e. sell, entertain, etc.). • Give examples of media messages that may contain both healthy and unhealthy messages in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Analyze why media messages may be misleading. • Interpret the goals of media (i.e. sell, entertain, etc.). • Analyze media messages that may contain both healthy and unhealthy messages in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
5-8 Benchmark: Demonstrate the ability to locate health products and services.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify valid health products and resources in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify where to obtain products and services in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Analyze valid health products and resources in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Demonstrate the ability to obtain products and services in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. (i.e. how to access STI/HIV testing, pregnancy testing, help for depression, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Compare the costs and validity of health products.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify the availability and costs of health products utilized in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. the availability and cost of: 1) the patch for smoking cessation vs. the cost of smoking; 2) diet and exercise vs. diabetes treatment; 3) abstinence vs. having a baby; etc.). • Identify cost of health resources in the community and compare benefits of those that are more affordable (i.e. walking vs. joining a club for exercise, etc.). • Analyze different health care products and their effectiveness in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Analyze the availability and costs of health products utilized in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. the availability and cost of: 1) the patch for smoking cessation vs. the cost of smoking; 2) diet and exercise vs. diabetes treatment; 3) pregnancy prevention vs. having a baby; etc.). • Analyze cost of health resources in the community and compare benefits of those that are more affordable (i.e. walking vs. joining a club for exercise, etc.). • Research different health care products and their effectiveness in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Describe situations requiring professional health services.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify and recognize risk behaviors in situations that may lead to negative physical, social and/or emotional health consequences (i.e. abuse, bullying, sexual assault, mental health, depression, suicide, domestic violence, STIs/HIV, etc.). • Identify situations related to health crisis and formulate solutions to intervene and/or prevent the crisis (i.e. a friend tells you they are thinking about suicide; a friend tells you they are smoking, etc.). • Recognize and identify professional health services in the community.
7 - 8	<ul style="list-style-type: none"> • Analyze risk behaviors in situations that may lead to negative physical, social and/or emotional health consequences (i.e. abuse, bullying, sexual assault, mental health, depression, suicide, domestic violence, STDs and other risky behavior, etc.). • Role play and/or discuss situations related to health crisis and formulate solutions to intervene and/or prevent the crisis (i.e. a friend tells you they are thinking about suicide; a friend tells you they may be pregnant, etc.). • Recognize and identify professional health services in the community.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

Standard 3

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

5-8 Benchmark: Explain the importance of assuming responsibility for personal health behaviors.

Grade	Performance Standard
5-6	<ul style="list-style-type: none"> • Identify the significance of personal responsibility for health behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity, personal safety, mental, social and emotional wellbeing. • Describe the consequences of personal health choices and their effects. • Describe the relationship between health behaviors and wellbeing in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7-8	<ul style="list-style-type: none"> • Analyze the significance of personal responsibility for healthy behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Use decision making skills to determine personal health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Analyze a personal health assessment to determine health strengths and risks.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Determine relationship between health behaviors and health outcomes in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. the relationship between physical activity, nutrition and chronic disease; the relationship between sexual activity and teen pregnancy, etc.). • Identify health assessment data that can help determine health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. physical fitness data, nutrition log, youth reported data for risk and resiliency factors, etc.).
7 - 8	<ul style="list-style-type: none"> • Compare and contrast the relationships between health behaviors and health outcomes in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. the relationship between physical activity, nutrition and chronic disease; the relationship between sexual activity and teen pregnancy, etc.). • Chart individual health assessment data that can help determine health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing (i.e. physical fitness data, nutrition logs, youth reported data for risk and resiliency factors, etc.).
5-8 Benchmark: Distinguish between safe and risky or harmful behavior in relationships.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify risky and/or harmful behaviors in relationships and ways to avoid them (i.e. abstinence to avoid teen pregnancy, mediation skills to avoid conflict, practice refusal skills to avoid smoking or drugs, etc.). • Identify negative or harmful behaviors in relationships and identify strategies to resolve the situation.
7 - 8	<ul style="list-style-type: none"> • Role play risky and/or harmful behaviors in relationships and ways to avoid them (i.e. abstinence or birth control methods to avoid teen pregnancy, mediation skills to avoid conflict, practice refusal skills to avoid smoking or drugs, etc.). • Recognize negative or harmful behaviors in relationships and identify strategies to resolve the situation.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Demonstrate strategies to improve or maintain personal and family health.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Describe how families, peers and culture influence personal health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Identify personal, family and cultural healthy choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Analyze family strengths and weaknesses in relationship to healthy behaviors (i.e. eating patterns and physical activity as related to healthy behaviors; tobacco, alcohol and/or other drug use; how families deal with conflict; etc.). • Develop personal, family and cultural health goals and strategies for achieving the goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
5-8 Benchmark: Develop injury prevention and management strategies for personal and family health.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify factors that contribute to intentional and unintentional injuries (i.e. use of alcohol/other drugs, steroid use, food safety, etc.). • Identify strategies to prevent intentional and unintentional injuries. • Describe skills related to personal safety in the areas of physical, emotional, or sexual abuse.
7 - 8	<ul style="list-style-type: none"> • Analyze factors that contribute to intentional and unintentional injuries (i.e. use of alcohol/other drugs, steroid use, food safety, etc.). • Describe strategies to prevent intentional and unintentional injuries. • Role play skills related to personal safety in the areas of physical, emotional, or sexual abuse.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Demonstrate ways to avoid and reduce threatening situations	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify threatening situations and reduction strategies in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Demonstrate refusal skills in the context of dangerous situations (i.e. tobacco, alcohol, other drugs, inappropriate touches, etc.).
7 - 8	<ul style="list-style-type: none"> • Analyze threatening situations and reduction strategies to reduce them in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Demonstrate refusal skills in the context of dangerous situations (i.e. tobacco, alcohol, other drugs, inappropriate touches, etc.). • Analyze the possible outcomes of being in dangerous situations and suggest safer options (i.e. riding a bike without a helmet, riding in a car with someone who is intoxicated, etc.).
5-8 Benchmark: Demonstrate strategies to manage stress.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Identify stressors and strategies to reduce their harmful effects. • Identify the immediate and long term effects of stress on the body. • Identify ways to manage stress.
7 - 8	<ul style="list-style-type: none"> • Analyze stressors and strategies to reduce their harmful effects. • Analyze the immediate and long term effects of stress on the body. • Demonstrate ways to manage stress.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

Standard 4
Students will analyze the influence of culture, media, technology, and other factors on health.

5-8 Benchmark: Describe the influence of cultural beliefs on health behaviors and the use of health services.

Grade	Performance Standard
5-6	<ul style="list-style-type: none"> • Identify and discuss qualities of cultures (both positive and negative) in the school and community and how they contribute to health, safety and personal choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing. • Describe how the media and culture portray gender roles (i.e. aggressive behavior for boys vs. submissive behavior for girls, media portrayal of sexual behavior for each gender, etc.). • Identify community and cultural factors that influence health (i.e. religion, values, habits, money, gender, ethnicity, etc.). • Compare cultural values and beliefs with personal values and beliefs and identify how they relate to health behaviors and choices.
7-8	<ul style="list-style-type: none"> • Explain how qualities within cultures (both positive and negative) in the school and community contribute to health, safety and personal choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing. • Examine how the media and culture portrays gender roles (i.e. aggressive behavior for boys vs. submissive behavior for girls, media portrayal of sexual behavior for each gender, etc.). • Describe how community and cultural factors influence health (i.e. religion, values, habits, money, gender, ethnicity, etc.). • Compare cultural values and beliefs with personal values and beliefs and identify how they relate to health behaviors and choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Analyze how messages from media and other sources influence health behaviors.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • List examples of health related advertisements (i.e. messages around sexual behavior, STIs/HIV, exercise, nutrition, violence, alcohol, etc.). • Identify positive and negative health messages from media and other sources in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. abstinence vs. teenage sex, smoking vs. non-smoking, using a seat belt or not, healthy vs. unhealthy eating habits, etc.). • Identify sources that can help to determine if media messages are true or false. • Apply refusal skills in choices related to media messages.
7 - 8	<ul style="list-style-type: none"> • Examine health related advertisements and their influences on health behaviors (i.e. messages around sexual behavior, STIs/HIV, exercise, nutrition, violence, alcohol, etc.). • Explain positive and negative health messages from media and other sources in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. abstinence vs. teenage sex, smoking vs. non-smoking, using a seat belt or not, healthy vs. unhealthy eating habits, etc.). • Describe sources that can help to determine if media messages are true or false. • Apply refusal skills in choices related to media messages.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Analyze the influence of technology on personal and family health.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Recognize the purposes for technology and its impact on personal and family health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing; (i.e. internet, medical, conveniences, communication, etc.). • Describe advances in technology and how they positively and negatively impact personal and family health (i.e. use of computers and TVs. vs. physical activity time, effects on communication skills, access to medical care, etc.).
7 - 8	<ul style="list-style-type: none"> • Examine the purposes for technology and its impact on personal and family health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing (i.e. internet, medical, conveniences, communication, etc.). • Interpret how advances in technology positively and/or negatively impact personal and family health (i.e. use of computers and TVs. vs. physical activity time, effects on communication skills, access to medical care, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Analyze how information from peers influence health.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Recognize that there are multiple messages (positive and negative) about health from peers. • Describe health messages peers give in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing (i.e. abstinence messages, drug, alcohol, tobacco use messages, suicide ideation, etc.).
7 - 8	<ul style="list-style-type: none"> • Determine if health messages from peers are valid and discuss appropriate responses. • Identify how peers influence personal health choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Describe health messages peers give in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing (i.e. sexual activity messages, drug, alcohol, tobacco use messages, suicide ideation, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

Standard 5

Students will demonstrate the ability to use interpersonal communication skills to enhance health.

5-8 Benchmark: Demonstrate effective verbal and non-verbal communication skills to maintain health-enhancing relationships.

Grade	Performance Standard
5-6	<ul style="list-style-type: none"> • Recognize and describe different feelings and the verbal and non-verbal forms of communication associated with them. • Role play effective verbal and non-verbal communication skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7-8	<ul style="list-style-type: none"> • Recognize differences in people (i.e. cultural, gender, religion, etc.) and their influences on verbal and non-verbal communication. • Role play and analyze effective verbal and non-verbal communication skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Describe how the behavior of family and peers affects interpersonal communication.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Recognize cultural diversity and it's influence on verbal and non-verbal communication. • Identify factors in the community (i.e. faith, values, habits, budgets, etc.) that influence behaviors of families and peers that affect interpersonal communication. • Describe how values are formed.
7 - 8	<ul style="list-style-type: none"> • Describe how cultural diversity influences verbal and non-verbal communication. • Describe factors in the community (i.e. faith, values, habits, budgets, etc.) that influence behaviors of families and peers affect interpersonal communication. • Analyze how values are formed.
5-8 Benchmark: Demonstrate positive ways to express needs, wants, and feelings.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Recognize feelings associated with different situations (i.e. conflict – frustration / satisfaction; birthday – happy / excited, etc.). • Describe and demonstrate how to express feelings in a positive way. • Describe and demonstrate how to respond appropriately to other people's needs, wants and feelings.
7 - 8	<ul style="list-style-type: none"> • Recognize feelings associated with different situations (i.e. conflict – frustration / satisfaction; birthday – happy / excited, etc.). • Analyze and demonstrate how to express feelings in a positive way. • Analyze and demonstrate how to respond appropriately to other people's needs, wants and feelings.

HEALTH EDUCATION STANDARDS WITH BENCHMARKS AND PERFORMANCE STANDARDS

5-8

5-8 Benchmark: Demonstrate ways to communicate care, consideration, and respect of self and others.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> Identify and demonstrate both verbal and non-verbal ways to show care, consideration and respect for self and others in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> Analyze and demonstrate both verbal and non-verbal ways to show care, consideration and respect for self and others in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
5-8 Benchmark: Demonstrate communication skills to build and maintain relationships.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> Describe and demonstrate communication skills as a tool to enhance relationships. Describe how someone may ask to participate in a healthy behavior in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. Demonstrate ways how to refuse to participate in an unhealthy behavior in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing while maintain positive relationships.
7 - 8	<ul style="list-style-type: none"> Analyze and demonstrate communication skills as a tool to enhance relationships; Analyze why someone may ask to participate in a healthy behavior in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. Demonstrate ways how to refuse to participate in an unhealthy behavior in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing while maintain positive relationships.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Demonstrate refusal and negotiation skills to enhance health.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Demonstrate refusal and negotiation skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Discuss aggressive, passive and assertive ways to respond to conflict. • Demonstrate means to use a variety of conflict resolution skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Analyze risky situations in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing and identify appropriate responses. • Give examples of and demonstrate refusal and negotiation skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Analyze aggressive, passive and assertive ways to respond to conflict. • Explain and demonstrate means to use a variety of conflict resolution skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
5-8 Benchmark: Analyze the possible causes of conflict among youth in schools and communities.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Discuss possible causes of conflict among youth in schools and communities in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Discuss and analyze possible causes of conflict among youth in schools and communities in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Describe possible solutions to resolving conflict among youth in schools and communities in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Demonstrate strategies to manage conflict in positive ways.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none">• Demonstrate conflict resolution skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none">• Demonstrate conflict resolution skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

<u>Standard 6</u>	
Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.	
5-8 Benchmark: Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	
Grade	Performance Standard
5-6	<ul style="list-style-type: none"> • Demonstrate actions both individually and collaboratively to make healthy decisions in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.
7-8	<ul style="list-style-type: none"> • Describe and demonstrate actions both individually and collaboratively to make healthy decisions in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing. • Analyze the difference between making an individual decision or in consultation with others.
5-8 Benchmark: Analyze how health-related decisions are influenced by individuals, family, peers, and community values.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Describe the relationship between personal, family, peer and community values in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Describe the influences of culture, family, peers and communities on decisions in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Describe and analyze the relationship between personal, family, peer and community values in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Describe and analyze the influences of culture, family, peers and communities on decisions in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Predict how decisions regarding health behaviors have consequences for self and others.	
Grade	Performance Standard
5-6	<ul style="list-style-type: none"> • Draw conclusions as to why specific decisions result in various consequences in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. the decision to remain abstinent from sexual activity will lead to not having an unwanted pregnancy or sexually transmitted infection, the decision not to smoke a cigarette will help prevent lung cancer, etc.). • Summarize how personal decisions in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing contribute to the well being of self, family, peers, and communities (i.e. the decision to do physical activity as a family will lead to better physical and social health, etc.).
7-8	<ul style="list-style-type: none"> • Analyze why specific decisions result in various consequences in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. the decision to use a condom if sexually active will help prevent an unwanted pregnancy or sexually transmitted infection, the decision not to drink at the party will help prevent making other risk taking decisions while intoxicated, etc.). • Analyze how impulsive actions related to consequences in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. having sex without protection can lead to unwanted pregnancy and/or sexually transmitted infections, taking drugs can lead to addictive behavior, etc.). • Analyze how personal decisions in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing contribute to the well being of self, family, peers, and communities.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Apply strategies and skills needed to attain personal health goals.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Explain the relationship between health behaviors and personal outcomes in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Set and apply strategies to attain a realistic personal health goal in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Analyze the relationship between health behaviors and personal outcomes in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Set and apply strategies to attain a realistic personal health goal in at least one of the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
5-8 Benchmark: Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Evaluate how health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing change as individuals grow older (i.e. as a child, teenager, adult, etc.). • Evaluate how health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing may change as information, abilities, priorities and responsibilities change.
7 - 8	<ul style="list-style-type: none"> • Analyze how health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing change as individuals grow older (i.e. as a child, teenager, adult, etc.). • Analyze how health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing may change as information, abilities, priorities and responsibilities change.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Develop a plan that addresses personal strengths, needs, and health risks.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none">• Identify personal strengths, needs and health risks.• Develop a personal wellness plan that addresses a personal health need and/or goal.
7 - 8	<ul style="list-style-type: none">• Identify personal strengths, needs and health risks.• Develop and implement a personal wellness plan that addresses a personal health need and/or goal.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

<u>Standard 7</u>	
Students will demonstrate the ability to advocate for personal, family, peer, and community health.	
5-8 Benchmark: Analyze various communication methods to accurately express health information and ideas.	
Grade	Performance Standard
5-6	<ul style="list-style-type: none"> Examine different ways to communicate health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7-8	<ul style="list-style-type: none"> Analyze different ways to communicate health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
5-8 Benchmark: Express information and opinions about health issues.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> Recognize information and opinions about health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> Define and analyze information and opinions about health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.
5-8 Benchmark: Identify barriers to effective communication of information, ideas, feelings, and opinions about health issues.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> Describe barriers to effective communication about health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing and demonstrate ways to overcome those barriers.
7 - 8	<ul style="list-style-type: none"> Analyze barriers to effective communication about health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing and describe ways to overcome those barriers.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
5-8**

5-8 Benchmark: Demonstrate the ability to influence and support others in making health-enhancing choices.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Role play how to help others make healthy choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Role play and analyze how to help others make healthy choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
5-8 Benchmark: Demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools.	
Grade	Performance Standard
5 - 6	<ul style="list-style-type: none"> • Role play how to work cooperatively when advocating for healthy individuals, families and schools in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
7 - 8	<ul style="list-style-type: none"> • Role play and analyze how to work cooperatively when advocating for healthy individuals, families and schools in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
9-12**

Standard 1

Students will comprehend concepts related to health promotion and disease prevention.

9-12 Benchmark: Analyze how behavior can impact health maintenance and disease prevention.

Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Differentiate between risks and benefits regarding choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Identify alternatives to health risk behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. abstinence, condom use, other pregnancy prevention methods, selection of healthy food choices, “natural highs”, etc.). • Identify ways to avoid health risk behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Discuss and analyze the difference(s) between healthy and unhealthy relationships. • Explain how attitude(s) and behavior(s) affect health of self and others.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
9-12**

9-12 Benchmark: Describe the interrelationships of mental, emotional, social, and physical health throughout life.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Identify and analyze how social systems, peer pressure, and family history relate to mental, emotional, social, and physical health throughout life. • Describe the relationship between actions and consequences in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing and the impact on mental, emotional, social, and physical health throughout life (i.e. unintended pregnancy, STIs, HIV, chronic diseases, addiction, intentional and unintentional injuries, depression, suicide, etc.). • Explain relationship between risk behaviors and health behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. drinking and sexual behavior, lack of physical activity/nutrition choices and chronic diseases, etc.). • Describe how emotions affect health behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. attraction, love, lust, infatuation, jealousy, anger, etc.). • Describe ways to manage stress (i.e. physical activity, relaxation, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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9-12**

9-12 Benchmark: Explain the impact of personal health behaviors on the functioning of body systems.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Identify and analyze health behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing on the functioning of body systems (i.e. physical activity and the respiratory system, contracting a sexuality transmitted disease, the reproductive system, etc.). • Identify emotional and physical changes that occur during puberty. • Identify the impact of health screenings on personal health and wellness. • Identify ways in which diseases are transmitted (i.e. HIV, bacterial diseases, viral diseases, etc.). • Describe how untreated health conditions can affect the functioning of body systems (i.e. an untreated sexually transmitted infection on the reproductive system, untreated asthma on the respiratory system, etc.). • Explain the benefits of healthy food choices and physical activity on body systems (i.e. weight gain/loss, heart disease, diabetes, etc.).
9-12 Benchmark: Analyze how the family, peers, and community influence the health of individuals.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Identify and analyze how family, peers and community can be helpful or a hindrance to healthy behaviors (i.e. family choices for meals, community norms for sexual behavior, etc.). • Describe how family, peer, and community influence the ability to apply refusal skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Analyze how inappropriate behavior such as bullying, harassment, and intentional injury, influence the health of individuals. • Identify how family, peer and community factors influence personal health choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. religion, culture, family values, budget, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
9-12**

9-12 Benchmark: Analyze how the environment influences the health of the community.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Identify and analyze how environmental influences can be helpful or a hindrance to healthy behaviors (i.e. cultural, family history, socio-economic status and social norms on choices for meals, relationships, physical activity, etc.). • Analyze how environmental influences affect behavior in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. riding a bike vs. driving a car, personal relationships, etc.).
9-12 Benchmark: Describe how to delay onset and reduce risks of potential health problems during adulthood.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Describe and analyze how behaviors practiced early in life can potentially affect health problems during adulthood in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. smoking as a teenager and lung disease, poor nutritional choice and lack of physical activity and chronic diseases, sexual activity/unprotected sex and teen pregnancy/STIs/HIV, etc.). • Demonstrate knowledge of pregnancy prevention and prevention of sexually transmitted infections. • Understand human reproduction and how pregnancy can be prevented through the use of various methods of contraception including barrier and hormonal methods. • Understand the concept of sexually transmitted infections and recognize prevention strategies including abstinence, the proper use of condoms and immunizations.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
9-12**

9-12 Benchmark: Analyze how public health policies and government regulations influence health promotion and disease prevention.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Research local, state, and national regulations and policies that influence health promotion and disease prevention in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Identify how policies are developed that influence health promotion and disease prevention in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Analyze how the prevention and control of health problems are influenced by research and medical advances.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Identify scientific journals, agencies and/or organizations that contribute to research and medical advances in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Analyze how research and medical advances can influence health promotion and disease prevention in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. new treatment in diabetes control, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
9-12**

<p><u>Standard 2</u> Students will demonstrate the ability to access valid health information and health-promoting products and services.</p>	
<p>9-12 Benchmark: Evaluate the availability and validity of health information, products, and services.</p>	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Explain and evaluate the functions and effectiveness of school and community health information, products and services (i.e. school nurse, school-based health center, public health office, private health care provider, etc.). • Evaluate health information products and services advertised by media. • Demonstrate the ability to evaluate health information in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
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9-12 Benchmark: Demonstrate the ability to evaluate and utilize resources from home, school, and community that provide valid health information.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Evaluate how community resources can be accessed and utilized in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. school-based health centers, primary care clinics, school nurse, etc.). • Compare and contrast valid resources in the community in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Identify and devise solutions to barriers for health care (i.e. costs, transportation, culture, accessibility, etc.). • Explain how community resources can be accessed and utilized in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Compare and contrast valid resources in the community in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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9-12**

9-12 Benchmark: Evaluate factors that influence personal selection of health products and services.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Evaluate the characteristics media uses to influence the selection of health products and services. • Describe influences of cultural beliefs and how they influence personal selection of health products and services. • Explain factors in the community that influence health choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. religion, values, habits, budget, etc.). • Demonstrate and discuss ways to avoid risky behavior in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Demonstrate the ability to access school and community health services for self and others.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Demonstrate the ability to access local health resources in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. (i.e. school-based health centers, primary care clinics, local health facilities, walking trails, etc.). • Demonstrate how to determine the appropriate school and community health services in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. where to go for immunizations, wellness check-up, pregnancy/STI/HIV testing, help for depression, treatment for diabetes, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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9-12 Benchmark: Analyze the cost and accessibility of health care services.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Demonstrate the ability to compare cost and accessibility of health care services in the community and benefits of those that are more affordable (i.e. walking vs. joining a club for exercise, public health clinic vs. private doctor, sexual activity/unprotected sex vs. teen pregnancy/STIs/HIV, etc.). • Analyze the availability and costs of health care services utilized in the areas related to sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. the availability and cost of smoking cessation class, nutrition education programs, prenatal care; etc.).
9-12 Benchmark: Analyze situations requiring professional health services.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Prepare a plan of action for risk behaviors in situations that may lead to negative physical, social and/or emotional health consequences (i.e. abuse, bullying, sexual assault, mental health, depression, suicide, domestic violence, teen pregnancy, STIs, HIV, etc.). • Analyze situations related to health crises and formulate solutions to intervene and/or prevent the crisis (i.e. a friend tells you they are thinking about suicide; a friend tells you they are smoking, a friend tells you they are pregnant, etc.). • Demonstrate how to access professional health services in your community.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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9-12**

Standard 3

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

9-12 Benchmark: Analyze the role of individual responsibility for enhancing health.

Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Analyze the significance of personal responsibility and consequences for healthy behaviors in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Demonstrate decision making skills to determine personal health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Evaluate a personal health assessment to determine strategies for health enhancement and risk reduction.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Differentiate among health behaviors and health outcomes in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. the relationship between physical activity, nutrition and chronic disease; the relationship between sexual activity and teen pregnancy, etc.). • Chart and analyze individual health assessment data that can help determine health goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. physical fitness data, nutrition logs, youth reported data for risk and resiliency factors, etc.).

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9-12 Benchmark: Analyze the short-term and long-term consequences of safe, risky, and harmful behaviors.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Demonstrate skills to avoid risky and/or harmful behaviors in relationships (i.e. abstinence or birth control methods to avoid teen pregnancy, mediation skills to avoid conflict, practice refusal skills to avoid smoking or drugs, etc.). • Recognize and analyze negative or harmful behaviors in relationships, and identify strategies to resolve the situation. • Identify consequences of risky and harmful behaviors on self and others in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Develop management strategies to improve or maintain personal, family, peer, and community health.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Describe personal, family, peer, community and cultural strengths in maintaining or improving healthy behaviors (i.e. eating patterns and physical activity as related to healthy behaviors, tobacco, alcohol and/or other drug use, how families deal with conflict, etc.). • Develop personal, family, community, and cultural health goals and management strategies for achieving the goals in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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9-12 Benchmark: Develop injury prevention strategies for personal, family, peer, and community health.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Analyze personal, family, peer and community factors that contribute to intentional and unintentional injuries (i.e. use of alcohol/other drugs, steroid use, food safety, etc.). • Describe prevention strategies to avoid intentional and unintentional injuries. • Demonstrate refusal skills related to personal safety in the areas of physical, emotional, or sexual abuse. • Demonstrate effective negotiation and risk avoidance strategies for avoiding unwanted sexual activity.
9-12 Benchmark: Demonstrate ways to avoid and reduce threatening situations.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Recognize threatening situations and formulate strategies to reduce them in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Demonstrate refusal skills in the context of dangerous situations (i.e. tobacco, alcohol, other drugs, date rape, etc.). • Reflect on the possible outcomes of being in dangerous situations and explain different options that could have been chosen (i.e. riding a motorcycle without a helmet, driving a car while intoxicated, having unprotected sex, etc.). • Demonstrate effective negotiation and risk avoidance strategies for avoiding unwanted sexual activity.
9-12 Benchmark: Evaluate strategies to manage stress.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Evaluate stressors and strategies to reduce their harmful effects. • Explain the immediate and long term effects of stress on the body. • Demonstrate ways to manage stress.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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9-12**

<u>Standard 4</u>	
Students will analyze the influence of culture, media, technology, and other factors on health.	
9-12 Benchmark: Analyze how cultural practices can enrich or challenge health behaviors.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Explain how cultural practices (both positive and negative) in the school and community contribute to health, safety and personal choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing. • Analyze how the media and culture portray gender roles (i.e. aggressive behavior for boys vs. submissive behavior for girls, media portrayal of sexual behavior for each gender, etc.). • Analyze cultural values and beliefs with personal values and beliefs in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.
9-12 Benchmark: Evaluate the effect of media and other factors on personal, family, peer, and community health.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Analyze health related advertisements and their influences on health behaviors (i.e. messages around sexual behavior, STIs/HIV, condom use, exercise, nutrition, violence, alcohol, etc.). • Explain positive and negative health messages from media and other sources in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. condom use vs. unprotected sex, smoking vs. non-smoking, using a seat belt or not, healthy vs. unhealthy eating habits, etc.). • Analyze sources that can help to determine if media messages are true or false. • Demonstrate refusal skills in choices related to media messages.

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9-12 Benchmark: Evaluate the impact of technology on personal, family, peer, and community health.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none">• Analyze the purposes for technology and its impact on personal, family, peer and community health in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing (i.e. internet, medical, conveniences, communication, etc.).• Compare and contrast how advances in technology positively and/or negatively impact personal, family, peer and community health (i.e. use of computers and TVs. vs. physical activity time, effects on communication skills, access to medical care, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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Standard 5

Students will demonstrate the ability to use interpersonal communication skills to enhance health.

9-12 Benchmark: Demonstrate skills for communicating effectively with family, peers, and others.

Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Role play and analyze effective verbal and non-verbal communication skills with family, peers and others in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Compare and contrast effective and ineffective verbal and non-verbal communication skills with family, peers and others in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

9-12 Benchmark: Analyze how interpersonal communication affects relationships.

Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Analyze how cultural diversity influences verbal and non-verbal communication. • Role play and analyze interpersonal communications skills that affect relationships in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

9-12 Benchmark: Demonstrate positive ways to express needs, wants, and feelings.

Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Analyze feelings associated with different situations (i.e. conflict – frustration / satisfaction; birthday – happy / excited, etc.). • Role play and analyze how to express feelings in a positive way. • Role play and analyze how to respond appropriately to other people’s needs, wants and feelings.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
AND PERFORMANCE STANDARDS
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9-12 Benchmark: Demonstrate ways to communicate care, consideration, and respect of self and others.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Role play and analyze both verbal and non-verbal ways to show care, consideration and respect for self and others in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.
9-12 Benchmark: Demonstrate strategies for solving interpersonal conflicts without harming self or others.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Demonstrate skills used in conflict resolution in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Describe and analyze aggressive, passive and assertive ways to respond to conflict. • Explain and demonstrate means to use a variety of conflict resolution skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Describe and analyze risky situations in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing and identify appropriate responses. • Role play and analyze refusal and negotiation skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Demonstrate effective negotiations and risk avoidance strategies (i.e. avoiding unwanted pregnancy, alcohol tobacco and other drug use, bullying behavior, poor nutritional choices, physical inactivity, etc.).

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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9-12 Benchmark: Analyze the possible causes of conflict in schools, families, and communities.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Discuss and analyze possible causes of conflict among youth in schools and communities in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Design possible solutions to resolving conflict among youth in schools and communities in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Demonstrate strategies to prevent conflict.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Demonstrate and analyze conflict resolution skills in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

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<u>Standard 6</u>	
Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.	
9-12 Benchmark: Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Analyze and demonstrate strategies used to make healthy decisions in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.
9-12 Benchmark: Analyze health concerns that require collaborative decision-making.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Describe health issues that require decision making in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing. • Role play and analyze the difference between making an individual decision or in collaboration with others in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

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9-12 Benchmark: Predict the immediate and long-term impact of health decisions on the individual, family, peers, and community.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Predict how specific decisions result in various consequences in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. the decision to use a condom if sexually active will help prevent an unwanted pregnancy or sexually transmitted infection, the decision not to drink at the party will help prevent making other risk taking decisions while intoxicated, etc.). • Predict and analyze how impulsive actions relate to consequences in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing (i.e. having sex without protection can lead to unwanted pregnancy and/or sexually transmitted infections; taking drugs can lead to addictive behavior, etc.). • Predict and analyze how personal decisions in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing contribute to the well being of self, family, peers, and communities.
9-12 Benchmark: Implement a plan for attaining a personal health goal.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Analyze the relationship between health behaviors and personal outcomes in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing. • Create strategies and implement a plan to attain a realistic personal health goal in at least one of the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

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9-12 Benchmark: Evaluate progress toward achieving personal health goals.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Create strategies and implement an evaluation plan in attaining a realistic personal health goal in at least one of the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Formulate an effective plan for lifelong health.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Develop and implement a personal wellness plan that includes both short and long term goals and describe how that plan can be effective for lifelong health and wellness.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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Standard 7

Students will demonstrate the ability to advocate for personal, family, peer, and community health.

9-12 Benchmark: Evaluate the effectiveness of communication methods for accurately expressing health information and ideas.

Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Role play and evaluate different ways to communicate health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.

9-12 Benchmark: Express information and opinions about health issues.

Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Define and analyze information and opinions about health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety, mental, social and emotional wellbeing.

9-12 Benchmark: Utilize strategies to overcome barriers when communicating information, ideas, feelings, and opinions about health issues.

Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Analyze barriers to effective communication about health issues in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing and illustrate ways to overcome those barriers.

**HEALTH EDUCATION STANDARDS WITH BENCHMARKS
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9-12 Benchmark: Demonstrate the ability to influence and support others in making health-enhancing choices.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Role play and analyze how to help others make healthy choices in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Demonstrate the ability to work cooperatively when advocating for healthy communities.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Role play and analyze how to work cooperatively when advocating for healthy individuals, families and schools in the areas related to sexuality; nutrition; alcohol, tobacco, and other drug use; physical activity; personal safety; mental; social and emotional wellbeing.
9-12 Benchmark: Demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience.	
Grade	Performance Standard
9-12	<ul style="list-style-type: none"> • Identify how healthy messages and communication techniques can target different audiences. • Create positive health messages in the areas related to sexuality; nutrition; alcohol; tobacco, and other drug use; physical activity; personal safety; mental, social and emotional wellbeing.

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